

NORTH WEST GYMNASTICS COVID-19 MANAGEMENT PLAN

April 2022



North West Gymnastics Mount Isa

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1 Introduction

This plan outlines the measures, controls and requirements to help minimise the risk of COVID-19 for our Athletes, Coaches and Families. We require all gym families to understand and comply with these controls to help minimise the risk of spread in our community.

Please be aware that some of these requirements are additional to those imposed by QLD Health.

2 Club Management Measures

The measures and changes that you will observe in the operation of our Club and Classes.

- From April 2022 our viewing areas have reopened
- Please limit 1 parent/caregiver per child and we ask that you limit sibling spectator attendance.
- Class Start and End Times have been altered to minimise Cross Contact between participants.
- Spectators, athletes, participants and coaches who are showing symptoms of illness are not allowed to attend the facility
- Hand Sanitiser will be made available for all persons entering the gym. It will also be positioned strategically in the gym and near to high touch apparatus.
- Increased cleaning processes have been implemented for common high touch areas and surfaces.

3 Parents and Participants

Here you can find our COVID Safe Standards which outline expectations and guidance for the Families and Participants in our Classes.

When unwell, a gymnast, their parent/carer, members of their household including accompanying siblings are not permitted come to gym

- As per the current [Queensland Health Time Out Poster](#) and until they are no longer exhibiting illness symptoms.
- When they have had a temperature over 38 degrees in the past 24 hours
- When they have had vomiting or diarrhea in the last 24 hours
- Do not enter the gym if you or anyone in your immediate family or household is deemed a COVID-19 close contact or instructed to isolate.
- Do not enter the gym or classes if you or anyone in your immediate family or household has cold and flu like symptoms, cough, sore throat or other signs of illness
- Gymnasts that are coughing/complaining of feeling ill will be sent home.

At the Gym:

- Wash your hands and ensure those of participants in your care are washed before coming to Gym.
- Utilise the hand sanitiser provided **on entry to the gym**.
- Parents will make every effort to drop their gymnasts off no earlier than 5 minutes before class and pick up no later than 5 minutes after class to allow changeover of participants.
- Please limit of 1 parent/caregiver per child and we ask that you limit sibling spectator attendance.
- All Participants are to enter the gym in footwear and then store them neatly ahead of class.
- All Participants are required to bring their own large water bottle. Competitive Athletes may want to bring multiple.

4 Requirements and Actions in the event of a confirmed case.

In the event of a **Confirmed** COVID-19 case within:

4.1 NWG Staff or Staff Family

- NWG Staff are required to advise North West Gymnastics Immediately.
- Personal details around the case or suspected case will remain confidential.
- Management will determine to potential exposure for students, staff, and parents based on the record of attendance.
- Where required Families and staff will be notified by Email if this situation arises, and we will endeavour to keep you updated should we need to cancel classes or change class coaches
- Staff will not be permitted to attend classes or events at NWG until the end of their isolation or quarantine period

4.2 Gym Family or Gymnast

- Parents are required to advise North West Gymnastics and QLD Health Immediately.
- Parents are to log all absences via the parent portal and advise if they are a close contact or COVID-19 positive.
 - The duration of the absence should be the duration of the expected isolation or quarantine period.
 - If the period of isolation or quarantine is extended an additional absence should be logged.
- Personal details around the case or suspected case will remain confidential.
- Management will determine to potential exposure for students, staff, and parents based on the record of attendance.
- Where required Families and staff will be notified by Email if this situation arises, and we will endeavour to keep you updated should we need to cancel classes.
- No one from the household will be permitted to attend classes or events at NWG until the end of their isolation or quarantine period.